

# Health Improvement Among New Ulm Adults 40–79

*Selected Highlights Since 2009*



## Healthier Lifestyles



**Physical Activity**

**88%** of people surveyed in 2018 reported getting 150 minutes a week of moderate physical activity; up from 63% in 2009 <sup>1,2</sup>



**Bicycling and Walking  
for Transportation**

**25%** of people surveyed in 2018 bike or walk one time or more a week for transportation, up from 23% in 2015 <sup>1,3</sup>



**Daily Fruits  
and Vegetables**

**12%** of people surveyed in 2018 reported eating five or more servings of fruits and vegetables a day, a decrease from 17% in 2009 <sup>1,2</sup>

## Clinical Outcomes



**LDL Cholesterol**

**73%** of people have their LDL cholesterol within the recommended range according to 2018 data, up from 69% in 2009 <sup>4,5</sup>



**Blood Pressure**

**88%** of people have their blood pressure within the recommended range according to 2018 data, up from 79% in 2009 <sup>4,5</sup>



**Overweight/Obese**

**83%** of people are overweight according to 2018 data, an increase from 78% in 2009 <sup>4,2</sup>



**Smoking**

**11%** of people smoke according to 2018 data, a decrease from 14% in 2009 <sup>4,5</sup>

### FACT

When people have their blood pressure and cholesterol in good control, don't smoke and maintain a normal weight, it reduces their risk for heart disease and stroke, improves their quality of life and decreases medical costs.



### About the Data

The information provided in this report is intended to measure health outcomes for The Heart of New Ulm Project's target population of 40-79-year-old residents of the 56073 zip code as researched by the Minneapolis Heart Institute Foundation® and New Ulm Medical Center. Data provided here comes from multiple sources that were collected over the project's 10-year research timeframe. It is important to note that due to different data collection methods, these data sources may not be exactly comparable with each other. The data presented here provide the best available estimate of health status at baseline and at 10 years. Visit [mhifpopulationhealth.org](http://mhifpopulationhealth.org) for more information.

# A Community That Supports Health and Wellness



## Healthy Lifestyle Support

**94%** of adults agreed or strongly agreed that New Ulm creates an environment that supports a healthy lifestyle, compared with just under 77% in a comparison Minnesota community. <sup>1</sup>



## Healthier Dining Options

**66%** of adults felt that many healthy food options are available when eating in a New Ulm restaurant, compared with only 58% of respondents in a comparison Minnesota community that felt that way about their restaurants. <sup>1</sup>

## The work that got us here

- Health screenings
- Physical activity programming
- Community health challenges
- Phone coaching for individuals at high risk for heart disease or diabetes
- Cooking demonstrations
- Expanding the farmers market
- Promotion of Community-Supported Agriculture (CSA) programs
- Education and motivation programming
- Worksite wellness
- Physician education
- Comprehensive communications and social marketing campaigns such as SWAP IT to DROP IT<sup>®</sup> and SEE.SAFE.SMART.
- Restaurant recognition program
- Adoption of Complete Streets policy
- Tobacco-free worksites
- Healthier vending and concession policies

## It's Full Speed Ahead!

The Heart of New Ulm has not ended, but is now a community-owned project being sustained through community partnership and funding.

It's never too late to join one of our many action teams working on activities to continue supporting a culture of wellness!

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## Sources

1. Survey responses from 1,092 randomly selected New Ulm adults age 40-79 in 2018 and a survey of a comparable Minnesota rural community.
2. Population-level changes in lifestyle risk factors for cardiovascular disease in the Heart of New Ulm Project. *Preventive Medicine Reports* (2019).
3. Survey responses from 482 randomly selected New Ulm adults in 2015.
4. New Ulm Medical Center Electronic Health Record Data 2018.
5. 2009 baseline data; included in Changes in Cardiovascular Risk Factors After 5 Years of Implementation of a Population-Based Program to Reduce Cardiovascular Disease: The Heart of New Ulm Project. *American Heart Journal* (2016).